



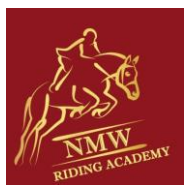
BENNACHIE DECEMBER NEWSLETTER 2024

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PLEASE SHARE OUR NEWSLETTER WITH FRIENDS AND FAMILY – WE'D LOVE TO WELCOME NEW MEMBERS AND POSSIBLY EVEN FIND SPONSORSHIP FROM WITHIN OUR COMMUNITY

Club News



FIRST AID COURSE WITH NMW RIDING ACADEMY



12 of our members had a fantastic night on Saturday, 16th November at Bogenraith Equestrian Centre. The event was hosted by NMW Riding Academy and there was an amazing turnout of Pony Club members there who achieved their Human First Aid Badge.

The course was held at Bogenraith, in one of the function rooms and the training was done by Forrest Training Ltd. Before the course, everyone was treated to a full facility tour. What an incredible, spot less facility, even the enormous shavings pile was neat. We even got a sneak peak at the livery stables and the horses stabled there were very curious and surprised by the huge group of children and parents walking through their normally quiet stable block.

The children were all fed by the Fern Restaurant as part of the course price and a group of parents had a lovely meal together while we waited. It was so nice to have an impromptu social together.

Well done to all our members who achieved this very important and invaluable life skill. Thank you to NMW for organising the event and for inviting us all to participate.



Contact Us:

Liz Craigie : District Commissioner : dc.bennachie@pcuk.org
 Kirsten Douglas : Branch Secretary : bennachie@pcuk.org

Website: branches.pcuk.org/bennachie
 Event Bookings: <https://bennachiepc.entrymaster.online>

SCOTTISH TETRATHLON UPDATE

With winter upon us Pony Club Tetrathlon drops the Cross Country riding element and we see a couple of Winter Triathlon Leagues instead. The first of which is the Scottish Tetrathlon Winter Tri League which consists of 5 events, Gordonstoun, Glenalmond, Forfar, Annan and Dollar.

Gordonstoun was held on 6th October with Bennachie bringing in the following:

3rd in Junior Girls - Nicole Finch

3rd in Junior Boys - Tristan Finch

4th in Junior Boys - Luke Dougall

1st in Mini Girls - Maria Dougall

Glenalmond took place on 3rd November which was a lovely sunny day albeit the ground was still a bit soggy from rain in the days before.

3rd in Junior Girls - Nicole Finch

1st in Junior Boys - Tristan Finch

2nd in Junior Boys - Luke Dougall

2nd in Mini Girls - Brooke Tetley

3rd in Mini Girls - Maria Dougall

The 2nd league is local and hosted by Deeside PC at Cults. The first triathlon in this series was held on Sunday 24th November where Bennachie was represented in almost every category! It was great to see a number of our younger members taking part, some for the first time. What was also brilliant to see was how our more seasoned members supported the younger members, cheering them on from the sidelines and even running alongside to encourage them to keep going right to the end.

There were lots of PB's and exciting moments, especially in the run with some photo finishes! In the Beanie girls, it was a tie after the "shoot" and swim but Amy had a fantastic run, leading by a long way to secure 1st place in her 2nd ever Tri.

Final special mention to Nicole who has had over 1000 points for her swim in all 3 competitions this season.

1st in Junior Girls - Nicole Finch

3rd in Junior Boys - Tristan Finch

4th in Junior Boys - Luke Dougall

3rd in Mini Girls - Maria Dougall

5th in Mini Girls - Brooke Tetley

2nd in Tadpole Girls - Eden Coetzer

1st in Tadpole Boys - Pierce Tetley

1st in Beanie Girls - Amy Ward-Smith

2nd in Beanie Boys - James Ward-Smith



To find out more about
Tetrathlon or to give it a go,
contact Lisa on
lisadougall@hotmail.com

HOW YOUR COACHES KEEP DEVELOPING THEIR SKILLS

By Jen Morris

Coaches, committee and your DC Liz encourage members to learn, develop and progress through rallies, stable management, pc tests, badges etc. This is not simply to improve yourself but primarily for the welfare & wellbeing of the horse. It is the same for coaches. We should, I feel, keep developing and remain open minded to stay up to date and fresh to help our riders & their horses.

Coaches must attend courses (CPD, continual professional development) every year to remain registered with their governing body (BHS, PC, BE etc) and therefore have insurance.

Last year British Eventing asked if I would train for & sit the BE level 3 qualification. This falls in line with the BHSI which I achieved in 2018 but I decided it would be good for my development to add this qualification.

The main part of study was the huge portfolio with involves you analysing & evaluating yourself, how you would like to develop, strengths/ weaknesses and goal setting.

Over the period of a year you work with a rider eventing at a high level (ie Blair 2* or above) and the portfolio follows their journey with their horse.

My profile rider was former Bennachie pony club member Caitlin Padfield.

Contents of the portfolio. Almost 100 pages!!

- ◆ Personal Development Plan
- ◆ Coaching Philosophy
- ◆ Performance profiling
- ◆ Annual plan
- ◆ 8 week plan
- ◆ 8 individual linked lesson plans with risk assessments & safety checklists
- ◆ Prohibited Substance Guidance
- ◆ Riders code of behaviour
- ◆ Reflective log of coaching
- ◆ Horse & rider profile
- ◆ Goal setting
- ◆ Risk review of annual plan
- ◆ Coaching program review
- ◆ Nutrition, hydration & weight management

Once your portfolio has been submitted and signed off you are then required to sit an assessment which was on October 15th 2024 requires the candidates to:

- ◆ Coach a private dressage session
- ◆ Coach a private SJ session
- ◆ Coach a private XC session
- ◆ For each session prepare a risk assessment, safety checklists, lesson plans & afterwards write an evaluation
- ◆ After each session discuss with the assessor rules, regulations & content /standard for that discipline at the various international levels

I was really pleased to be told that my good friend Richard Johnston-Smith and myself were successful in the assessment and are now 2 of only 3 British Eventing Level 3 coaches in Scotland.

Since then I have been asked to continue delivering training in Scotland for British Eventing and to deliver training for the BE level 3 assessment and become an assessor.

So now onto the next venture!

Pony Club Vision:

“Lifelong Love of Horses through Fun, Friendship, Horsemanship and Sport”

Member Accomplishments



PONY CLUB THELWELL ART COMPETITION

Let your imagination shine by entering the Pony Club Thelwell Art Competition. Entries for 2025 are now open.

The theme for this year is 'PONY CLUB THROUGH THE SEASONS' and the closing date is 24th February 2025.

One of our members, Olivia McGhie, entered the 2024 competition and she was awarded a 'Highly Commended Certificate' for her beautiful picture. Well done Olivia, thank you for sharing your lovely picture and your hard earned certificate with us.

The theme for the 23/24 competition was 'Friendship and Adventure'.

To find out more and to enter your artwork click here: [The Pony Club Thelwell Art Competition](#) | [The Pony Club UK](#)



QUEST NATIONAL DRESSAGE CHAMPS



By Tess Delgarno



ARENA UK

On the 8th of November, Harry, Charlie, Lucy, and I (aka The Dance Monkeys) travelled 439 miles to Arena UK in Grantham for the Le Mieux Quest Finals. The ponies travelled well and when we arrived, we set their stables up and let them settle in for the night.

The team had an early start again on Saturday morning for their Arena Walk. There were 5 outdoor arenas and 1 indoor arena, it was a huge setup. There was so much to see and take in but the ponies took it in their stride.

We were all really happy with how our tests went over the weekend and had so much fun while we were there.

It was the best road trip and adventure we have ever been on. We feel so lucky to have had the opportunity to do this together. We learnt so much along the way and really can't wait to do it all again next year.



Lucy & Bertie's Adventures



We attended the British Dressage Scotland Ball this weekend where Lucy was awarded a prize for coming top of the D squad rider league. The children are allocated a squad following an assessment at the beginning of the year taking into consideration their age and an ability. Riders compete throughout the year, riding the "D squad" dressage test which is marked in quite a particular way, focusing on the rider's riding rather than the test movements like in a regular dressage test.

Lucy and Bertie traveled down to Arena UK to compete in the Pet Plan National Finals in the Prelim Bronze section, meaning that it was a national championships for that level, regardless of the age of the riders. Lucy and Bertie held their own against the adults but a couple of blips meant no rosette 🌸 for them this time.



**Bennachie Pony Club would like to wish all
our Members, Volunteers, Coaches
and their families
a very Merry Christmas and Festive Season
and May all your Dreams
for 2025 come true!**



Other News

SENIOR TRAINING

4th January 2025

@ Bogenraith Equestrian Centre



We have an exciting day planned for our Senior Pony Club members to kick start the year. Our coaches and professionals are experts in their fields and ready to bring you a day of learning and fun. We have Sue Hendry, Julia Lyon and Emma King (Moray Coast Vet group) confirmed for the day so far.

With the introduction of the Spurs tags and spurs test we will have discussions on the use of spurs within the context of horsemanship and social licence and have an overview of the test.

We will be looking at the importance of Bridle & Bit Fit in the comfort and performance of the horse, another very topical subject with the focus on welfare issues, bitless riding and the importance of understanding what you are using progressing to a discussion on bridle lameness and other issues.

With our guest Vet and former PC member we will be looking at the importance of Health Planning for the individual horse and for yards and how this fits into your plans for the year. Discussions will include vaccination, worm control, health monitoring, biosecurity and general health management.

Your day if riding will also include a Flatwork Session and either Poles or Jumping.

Full day (9am-4pm guide) £90

Half Day Ridden £60 (stable management + 1 ridden session)

Horse Care (10.30-2.30 guide) £35

(Exact timings will depend on numbers attending)

This day is aimed at members 14 years and above working towards or riding at C+ test level (younger members may attend at their DCs discretion)

The Fern Restaurant will be available all day for food and drink. They are happy to provide carry out style meals to be eaten during the lunch time discussion sessions in the conference room,

Stabling can be booked direct with Bogenraith via the website at £25 for a day stable, £48 for a night stable (£70 for two nights book one and contact direct to top up). There will be an Arena Event including Spring Festival Qualifiers on the Sunday to enable those travelling further to make a weekend of the trip.



SPURS TEST DATES

9/2 Bogenraith

22/2 Netherton

14/6 Foresterseat

27/9 Upper Denmill (Alford)

Going forward they will be run in spring and autumn each year at the area test dates in June and September. If you have any questions about the use of Spurs please speak to your DC.

Christmas Beach Party



On 27th December
From 2 - 4pm
At Caskieben



Dig out your beach towels and inflatables to help you get over the post-Christmas blues and get set for 2025. Our Christmas Beach Party is for all members (and parents) with a focus on beach safety and the beach riding badge, so we can plan a fun trip together in Summer 2025 (members can earn the badge at home if not able to join the fun).

There will be lots of stations where you will learn everything you need to know to achieve this badge: things like map reading; tide times and safety on the beach.

We'll also have a nice warm hot chocolate and a snack to warm you up afterwards. Entries are open on EntryMaster.



NORTH EAST DRESSAGE SHOW
@ Ladyleys Equestrian Centre
On 16th February 2025



This show is a collaboration of East Aberdeenshire; Deeside; Bennachie and Deveron Pony Clubs.

The show is to include BD Tests, PC Tests (Spring Festival Qualifiers); Freestyle to Music and Pairs Music.

Entry information will be posted soon

REJOINING PONY CLUB THIS YEAR? Our events require a lot of planning and we need to book instructors in advance to ensure the best opportunities for our members. We therefore ask that you please consider rejoining the club promptly, this would really help with this planning process.

Barrier Spring Festival Upcoming Qualifying Competitions Area 1



ARENA EVENTING:

04/01/25	Netherton	www.equilive.uk
05/01/24	Bogenraith	<i>(more AE events will be run so keep an eye on the calendar)</i>
08/03/24	East Aberdeenshire	

DRESSAGE:

07/12/24	Ladyleys	https://www.equoevents.co.uk/
18/01/25	Netherton	https://www.equoevents.co.uk/
08/02.25	Netherton	https://www.equoevents.co.uk/
08/02/25	Ladyleys	https://www.equoevents.co.uk/
08/03/25	Ladyleys	https://www.equoevents.co.uk/

SHOW JUMPING:

14/12/24	Ladyleys	https://www.equoevents.co.uk/
23/12/24	NMW Riding Academy	
11/01/25	Ladyleys	https://www.equoevents.co.uk/
15/02/25	Ladyleys	https://www.equoevents.co.uk/
15/03/25	Ladyleys	https://www.equoevents.co.uk/



HEALTH & SAFETY OFFICER NEEDED

We have been very fortunate to have Zosia Patterson in this role for several years now and she needs to step back and pass the role on due to other commitments.

Zosia spent a lot of time putting all of our Risk Assessments into place so the main job within the role is keeping these up to date on an annual basis.

It would require someone who could visit all the sites we use for training our members to make sure no changes need to be made to risk assessments and to do the same for the events we host, e.g. Spring Show; Arena Events & Camp.

Someone with some experience in a similar role would be ideal but someone with good attention to detail would be able to take this on.

If you would like to discuss the role further please contact Liz or Zosia.

FIRST AID CO-ORDINATOR NEEDED

We have been blessed to have Julie manage this role for some time and with Katie now being at Uni and no longer an active member in our Club, it's time to hand the reins to someone new.

The role includes making sure we have a full compliment of first aiders with our club to cover our events and to ensure all first aid bags are up to date and available for these events.

If you would like to discuss the role further please contact Liz or Julie.





HACKING CHALLENGE LEADERBOARD

25 Miles:

Natasha Drysdale

100 Miles:

Brooke Tetley

Anna Maclean

OVERALL BRANCH/CENTRE LEADERBOARD:

12th with 225 Miles

These are all the published results up to December 2024. To join the Hacking Challenge click this link: [The Equilab & Hy Equestrian Hacking Challenge | The Pony Club UK](#)

SPRING FESTIVAL QUALIFIER RESULTS

Arena Eventing:

- Maria Dougall PC70
- Brooke Tetley PC70
- Tiana Wainwright PC80
- Heidi Thomson PC80
- Lachlan Milne PC80
- Eilidh McCombie PC80
- Evie Craigie PC90
- Lachlan Milne PC90

Arena Eventing (cont):

- Natasha Drysdale PC90
- Isla Mardon PC100
- Kelly Grant PC100

Show Jumping:

- Lachlan Milne PC70
- Maria Dougall PC70
- Emma Stewart PC80
- Erin Ritchie PC90
- Lachlan Milne PC90

Dressage:

Holly Burgess : Novice



These are all the published results up to 2/12/24, we realise some of you have qualified but aren't listed. As soon as your names are published we will list you in the forthcoming newsletters. If you qualified before 3/12/24 and your name is not listed, please let us know where you competed, when and in what class, so that we can follow it up.

What's On in December / January

what's on? December

- 5th December**
- Stable Management @ Caskieben
- Raffle Draw 1st December 7pm**
- 8th December**
- Flatwork Training -
- Stable Management -
- 12th December**
- Stable Management @ Caskieben -
- 14th December**
- Jump Training -
- Stable Management -
- 27th December**
- Christmas Beach Party -

Wednesdays : Core Strength Training

Please note that events close 1 week before to allow Organisers, Venues & Instructors to properly plan the event/rally

PLEASE CHECK WEBSITE FOR DETAILS AND ENTER ON ENTRYMASTER

what's on? January

2025

PLEASE CHECK WEBSITE FOR DETAILS AND ENTER ON ENTRYMASTER

- 4th January**
- Senior Training -
- 5th January**
- Flatwork Training -
- Stable Management -
- 18th January**
- AGM -
- PRIZEGIVING -
- 19th January**
- Jump Training -
- Stable Management -
- 26th January**
- Games Training -
- Stable Management -

Please note:
Events close 1 week before to allow Organisers, Venues & Instructors to properly plan the event/rally

May the New Year Bring You Health, Happiness, and Horses.

www.duboth.com